

## **Adaptive Alpine: Sit Down Tethering Tune-Up**

**Discipline:** Adaptive

**Duration:** Full-day on-snow; 6 CEU's.

**Setting:** On-snow

### **Course Description:**

This clinic is intended for instructors who possess sit-down tethering experience, are comfortable, at minimum, tethering fixed outrigger biskis in the advanced beginner zone and seek practice and feedback to tune-up or expand tethering skills. Participants will tether various models of biskis with hand-held and fixed outriggers. This clinic will also cover common terrain tactics and adjustments for varying snow conditions.

### **Prerequisites Courses:**

- Level 7 or higher skiing
- Level I Biski/Monoski certification or at least two years of biski tethering experience on varying terrain.

### **Knowledge and Experience Expectations:**

- Recent biski tethering practice on varying terrain and conditions.

### **Course Objectives:**

By the end of this clinic, successful participants will be able to:

- Function as lead or second when performing chairlift and surface lift loads/unloads of biskis.
- Demonstrate appropriate use of the tetherers' triangle and tetherers' power box for effective tetherer positioning and control of a biski.
- Apply smooth transitions between flats and steeper grades via tactics and tether management.
- Cite safety considerations in tethering guests using hand-held or fixed outriggers.

### **Potential Learning Outcomes:**

- Apply components of the Biski Tethering Skills Check List during tethering.
- Engage in tetherers' triangle and power box skill development activities.

- Explore safety considerations during various applications of hands-on seat assists.
- Tether biskiers with hand-held outriggers to facilitate skill development for independence.
- Situational activities to explore best practices in building guest/instructor rapport and teamwork in fixed and hand-held outrigger biskiing lessons.
- Exploration of groomed and ungroomed terrain and associated tactical decisions to support safe and fun lessons.
- Receive feedback and next steps for tethering skill development.

**Materials Needed:**

- Ski or snowboard gear and helmet.
- Adaptive equipment as designated by presenter.